College Basketball Teaching Reform and Innovation in the Information Age

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Abstract: With the rapid development of information technology, Internet technology is gradually applied to all aspects of life. In response to various problems in basketball teaching in colleges and universities, the application of Internet technology to the field of basketball teaching has not only improved the interest of students in learning and practicing Can also continue to promote the improvement of basketball teaching in colleges and universities, but due to the dual nature of the Internet, it brings convenience to basketball teaching classrooms, but also brings certain challenges, so this article takes basketball teaching in the information age as an example to analyze The opportunities and challenges faced at the same time can provide some references and references for further promoting innovative research and development of quality education.

1. Introduction

Education reform is a hot spot that needs attention in higher education. New ideas, new techniques, and new methods are constantly emerging in basketball teaching classrooms, which has changed the teaching activities to be confined to the traditional situation, which is not conducive to the overall development of higher education. The innovation of teaching reform can greatly enhance students 'learning interest and teachers' teaching level, but also because of the characteristics of the Internet, it is easy for students to have sports inertia and weaken their creativity. Therefore, physical education teachers need to strengthen the study of Internet technology, and on this basis, explore innovative ways and methods of basketball teaching reform in the information age, so that teachers can make better use of Internet technology to improve basketball teaching level, so that students can improve basketball skills and love more basketball.

2. Major Problems in Basketball Teaching in Colleges and Universities

2.1 Unreasonable Teaching Structure.

In the course of basketball teaching, the teacher's curriculum arrangement is not reasonable enough, and he focuses too much on technical parts, such as changing direction, backs and singles fake moves, and back-up jump shots, etc. [1] The repeated practice of these techniques has led to students being less proficient in other techniques. Students have varying degrees of mastery of basketball skills. Coupled with insufficient basketball classroom teaching hours, the knowledge taught in the classroom process is too compact, which restricts students' absorption, consolidation and improvement of basketball skills[2]. Therefore, while practicing techniques, we must strengthen the study of theory, especially the refereeing method. This not only improves the skills of basketball, but also theoretically.

2.2 Relatively Backward Teaching Methods.

The teaching method is a channel for transferring knowledge from the teacher to the students. Whether this channel is scientific or not will determine the final acceptance effect of the students, and then visually show the level of teaching effectiveness. In the current basketball teaching in colleges and universities, teachers have been using traditional teaching methods such as instructors and students to practice. Over time, the learning interests of students will gradually slip down. They

just want to play basketball happily[3]. They don't really know how to learn technology and tactics in the classroom, and they even have conflicts with students in the classroom[4]. The use of multi-media teaching and flexible methods to introduce classroom teaching can help improve the students' interest in learning in the classroom, thereby ensuring effective participation of students.

2.3 Basketball Teaching Lack of Learning.

The mastery of basketball skills in basketball teaching requires the students to practice a large amount of practice in order to achieve the desired results. The class time is limited and it does not provide students with a large amount of practical opportunities. Therefore, in order to consolidate basketball skills, students need to practice outside the classroom. That is, the extra-curricular extension of the basketball teaching class[5]. However, at present, basketball teaching is confined to the classroom. Outside of the classroom, there is no connection between the teacher and the student. The teacher cannot guide students' practice outside the classroom, and it is difficult for the students to teach the teacher outside the classroom. Feedback on your questions and problems. As a result, some problems encountered by students outside the classroom are difficult to solve, which will hinder the improvement of the students' basketball skills.

2.4 Insufficient Basketball Teaching Facilities.

At present, the college basketball teaching infrastructure is not complete enough, which causes students to be uninterested in basketball learning, and encourages the use of semi-mandatory measures in basketball teaching to create a basketball atmosphere with outstanding student performance. As a result, the quality of basketball teaching cannot be effectively improved.

3. The Positive Role of College Basketball Teaching Reform Measures in the Information Age

3.1 Improve Teaching Concepts And Increase Practical Value Recognition.

The development of information technology has provided a guarantee for the perfection of college basketball teaching concepts. Therefore, in the information age, college basketball teaching reform should provide more advanced learning mechanisms for students' basketball learning, and meet the needs of the era for college basketball teaching models. In the process of college basketball teaching, teachers should use Internet information technology to continuously enrich their basketball knowledge. On the basis of traditional teaching concepts, add some recreational and fitness elements. Students can not only study majors in the basketball learning process Knowledge of basketball, and can exercise the body, entertain the mind, and increase students' awareness of the practical value of learning basketball.

3.2 Infiltrating Information Technology into Basketball Teaching To Improve Efficiency

The university stage is a stage in which students have low learning pressure and strong learning ability. Teachers need to pass various information channels to allow basketball teaching to permeate students' daily activities. First, you can use WeChat, QQ, and other instant messaging tools to build a basketball learning exchange group. Not only that, you can also distribute some teaching videos on basketball skills to let students watch and learn[6]. Secondly, it is reasonable to use direct broadcast to interact with students. Finally, through professional basketball software, you can set up a daily practice task so that students can complete it on their own initiative and upload it to the software to set up extracurricular training tasks[7]. In this way, organic linkages have also been established between teachers and students outside the classroom, which can make basketball teaching more efficient.

3.3 Enhance Personal Capabilities under Proper Use of Internet Space

Although basketball is a group-type, strength-type, and skill-type sport with a large physical energy cost, from this perspective, teachers should explore multiple levels of teaching methods, not only adding game teaching links to classroom teaching, It is also necessary to decompose technical

actions through the application of information technology so that students can not only carry out targeted training in accordance with their actual conditions, but also effectively improve their overall training level on the basis of continuously improving their individual technical and tactical capabilities. This sport generates a strong interest in learning.

For example, for the teaching of the basic movements of His Majesty's dribble, the teacher can make a small video to disassemble and play the action, so that the students can perform simple imitation, and then practice multiple times by combining actions. However, in this process, attention should be paid to the correction of basketball fouls. This not only allows students to quickly grasp the essentials of movements, but also has a better understanding of the rules of basketball games[8]. It can also help students to train and think independently Improved the effectiveness of classroom teaching.

4. Research on Basketball Teaching Reform and Innovation in the Information Age

Basketball is a sport that requires both technical and tactical cooperation, as well as individual technical movements with standardization and standardization. The simple explanation of teaching by teachers, or the analysis and demonstration of basic movements, will inevitably make students boring in classroom teaching. Boring. The use of information technology to play high-level basketball games can allow students to appreciate the unique charm of this century-old sport, enable students to understand the technical cooperation of this sport, as well as the wonderful individual technical actions and slam dunk actions, so that students can Strong interest in learning about this sport. Basketball not only emphasizes teamwork, but also highlights personal technical skills. Playing high-level basketball games with the help of information technology can not only stimulate the enthusiasm of students, but also convey a silent appeal.

4.1 Correct the Role of Internet Learning and Give Full Play to the Spirit of Outdoor Sports

The application of the Internet to basketball teaching has improved the teaching level of teachers, standardized the basketball movements of students, and stimulated students' interest in learning. However, the use of Internet teaching tools only makes sense on the basis of regulating student actions, and cannot fundamentally improve the proficiency of students' basic skills[9]. Mastering basic skills and difficult movements and improving on-the-spot adaptability should still be on the outdoor basketball court. Therefore, in daily basketball teaching, outdoor stadiums should be the mainstay, supplemented by the use of basketball apps and basketball video players, to give full play to the spirit contained in this competitive sports.

4.2 Guide Students Is Still Teacher's Job.

In the Internet era, advanced information technology has provided convenience for basketball sports teaching, but under this background, teachers are still part of the basketball education classroom, and the role played by teachers is more of a guiding role. This requires teachers to actively learn Internet-related knowledge and professional basketball knowledge to help students quickly and effectively learn online basketball. In addition, teachers need to organize students to watch related basketball training videos and explain in detail the essential basketball skills. Appropriate guidance should be given to students during outdoor exercises. In this way, students' learning efficiency can be effectively improved, avoiding inertia in sports, and enabling students to quickly master the basic skills of basketball.

4.3 Actively Organize Basketball Matches To Improve Students' Ability To Respond on the Spot.

Internet basketball teaching is bound to have certain significance for improving student learning efficiency, but teachers also need to be diligent in guiding students, opening up students 'thinking, and fostering students' innovative consciousness. Therefore, regular basketball games are held. Through the basketball games, the Internet tools are used to assess the proficiency of students 'basic skills, and at the same time to comment on the difficult movements made by students, and the

strategies and tactics adopted by the team; this method can not only improve students' The basic skills of basketball can also cultivate students 'ability to respond on the spot, which is very beneficial to the improvement of students' comprehensive skills.

5. Conclusion

The Internet has brought certain convenience opportunities to basketball sports teaching, and at the same time has brought certain challenges to basketball teaching. Our country must actively change the previous rigid basketball teaching model to prevent students from simply and mechanically imitating learning. The teaching methods are constantly improved to improve the comprehensive quality of students and improve the physique of college students[10]. This article analyzes the strategies related to basketball teaching reform in the Internet era, which mainly includes combining outdoor basketball with Internet basketball tools. Teachers should do a good job of guiding and actively organizing basketball games, so as to apply them more scientifically in basketball classroom Internet tools to enhance students' basketball skills and enhance basketball classroom efficiency.

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